

2021 Tier 1 Training Camp Information

August 6, 7, 8 - 2021

Arena Location

- Tria Rink is on the 5th floor of the Treasure Island Center located at 400 Wabasha St. North in St. Paul. Take the elevators up to the 5th floor to access the arena. There are more detailed directions and information available at the TRIA Rink website at Triarink.com

Parking

- Option #1: You can enter the ramp for the Treasure Island Center on Wabasha – the same side as Wahlgreen's. Follow the signs for TRIA Rink to the very top level (you'll be outside) and you can enter the rink up top. NOTE: There is a max height for vehicles entering the ramp.
- Option #2: There is a parking lot on Wabasha right across the street from the Treasure Island Center, that has over 200 spots. Park. Enter through the main doors next to Wahlgreens, stay to your left and take the elevators up to the 5th floor.
- Option #3: You can park on the street or find another lot nearby the facility.
- Parking info also available on triarink.com where you can pre-purchase a pass at a discount.

Player Bag Storage:

- There will be designated areas in the rink if your team, or players, need to store their hockey bag between ice sessions. Please check with the MN Hockey Site Coordinator and/or TRIA Rink staff on where these areas are.

Player Drop-off and Pickup

- The main doors by Wahlgreen's on Wabasha Street North. Players should then walk in, bear left, and take the elevators up to the 5th floor.
- Players can also be picked up in the same location.
- If you drive in to the ramp, go all the way to the top floor, drop your player off and then immediately head back out of the ramp, you won't be charged.

Restrooms

- The restrooms inside TRIA Rink are open and available for players and spectators to use.

Scrimmage Format

- There will be a 5 minute warm-up, followed by two running-time halves of 25 minutes.
- There will be two officials to officiate the scrimmage.
- The scrimmage will not count in official league standings.
- Play will be 5 on 5.

Shared Practices

- Each team will participate in a shared practice with another Tier 1 team.
- Your team's coaches need to be on the ice for this practice.
- MN Hockey will have a Lead Coach on the ice that will have pucks, a practice plan, and be ready to run the practice with assistance from the teams' coaches.
- The Girls practices will be led by Ashley Holmes, Augsburg Womens' Hockey Coach.
- The Boys practices will be led by Wes Bolin, Woodbury HS Head Coach and MN Hockey Lead Coach of Player Dev Team....or Bill McClellan, HS Coach, and MN Hockey/USA Hockey Coach Leader and Educator.

Spectators

- Spectators are allowed at the practices and scrimmages this weekend.
- **Concussion/Impact Testing:**
 - TRIA will be giving each family a coupon that is good for a free Impact test at any of their locations at a time that works for the family.
- **H.I.P. Training**
 - After Training Camp, each coach and family will get a H.I.P. video from TRIA to learn how they can more effectively take care of their body and perform at their highest level.
- **Intelligym**
 - Sean Goldsworthy will do a short presentation in your team's locker room following your scrimmage this weekend. He will let players and coaches know the benefits of Intelligym, how to access it, and how it will work with our Fall Tier 1 League players and teams.
- **Player Supervision**
 - Team GM's and Coaches...please make sure that your team is supervised at all times when at TRIA Rink. If you're asking your team to be at the rink 45 minutes prior to their ice time, make sure that there is a GM or Coach there to supervise! Thank you - your cooperation with this is appreciated!
- **Team Bonding**
 - This weekend is a great opportunity to start building your team's chemistry, relationships, and connections. There are a number of restaurants both in the building (Pillbox Tavern) and in the nearby area. Take advantage of this time this weekend to get your players and coaches connected.